

U.S. ARMY GARRISON-HAWAII
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3-4th Cav. troops earn spurs

SGT. BRIAN ERICKSON

3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The Order of the Spur is a Cavalry tradition within the Army, and Soldiers from 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, looked for initiation, July 29-31.

Cavalry troops are inducted into the Order of the Spur after successfully completing a “Spur Ride.”

The Spur Ride began when the candidates were split into six teams to go through the training ahead of them.

Once they were split into the teams, each Soldier had to complete a written cavalry test, and then each group executed movements to Area X, where they were tasked with a stress-fire lane, a communications task and a medical training lane before

See SPUR, A-5



Spur candidates from 3-4th Cav. Regt., 3rd BCT, 25th ID, board a Black Hawk helicopter to be airlifted over to the East Range during the regiment's Spur Ride, July 30.

A spur candidate from 3-4th Cav. Regt., 3rd BCT, 25th ID, carries two 5-gallon water jugs 25 meters during the stress-shoot lane of the Spur Ride, July 30. The stress-shoot lane is designed to see how Spur candidates shoot with an elevated heart rate.

‘Bronco’ clinic committed to Soldier health, readiness

Story and photos by
STAFF SGT. CATRINA HERBERT
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers gained a new tool to remain “Bronco Strong” after the unveiling of the newly renamed Bronco Embedded Behavioral Health (BEBH) clinic, here, July 30.

The mission is to work in partnership with the command to preserve the fighting force and increase mission readiness through early identification of Soldiers with behavioral health challenges, consultation and communication with command leadership, rapid access to care and provision of high-quality behavioral health care.

“This is a great day to be in the Army. We have some great leadership that is committed to the behavioral health of our Soldiers,” said Col. Pete Eberhardt, commander, U.S. Army Health Clinic-Schofield Barracks.

The BEBH clinic is an early intervention and treatment facility that promotes readiness for

all Bronco Brigade Soldiers.

The clinic, which is located near the Troop Medical Center, here, on the second floor, is staffed by psychologists, mental health technicians, a nurse practitioner and other professionals in order to deal with a wide variety of behavior health issues.

“The purpose of renaming the building was to let the command know that we support and understand them; we are a member of their team,” said Maj. Samuel Preston, chief of the Behavioral Health Department.

BEBH’s goal is to assist and support command teams in strengthening their formation by restoring the Soldier to optimum readiness and health. The clinic does not just treat Soldiers who have existing issues; it tries to find patterns and determines the best plan of action to reduce future issues.

“Renaming the clinic symbolically unites us with the unified mission of the brigade, which is to have the best Soldiers moving forward

See BEBH, A-4



Col. Scott Kelly (left), commander, 3rd BCT, 25th ID, and Col. Pete Eberhardt (right), commander, USAHC-SB, unveil the newly renamed Bronco Embedded Behavioral Health clinic, July 30.

Most USAG-HI closed for Iselle

U.S. ARMY GARRISON-HAWAII
Public Affairs

It can be easy to forget that, even in paradise, disasters happen. However, the current hurricanes passing through the state serve as a much-needed reminder that preparedness is a year-round necessity.

Hurricane season began June 1 and continues until Nov. 30. A hurricane is a tropical cyclone with maximum sustained winds of 74 mph or higher. Winds weaker than 74 mph classify the cyclone as a tropical storm.

A hurricane has the potential to bring violent thunderstorms, waves and winds. Power outages and flooding are also hazards.

What’s closed Friday, Aug. 8?

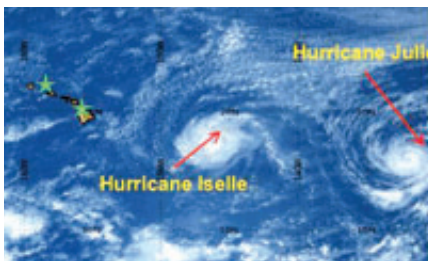
U.S. Army Garrison-Hawaii closed operations Friday. The following are closures.

•**Human Resources:** Admin Service (Postal), Military Personnel Division, Army Substance Abuse, Education Centers.

•**Plans, Training, Mobilization & Security:** Museums (Friday & Saturday), Aviation (at 8 p.m., Friday, till hurricanes pass), Area X (Friday-Sunday), Security, Admin Staff (except Emergency Operations Center support), Visual Information & Photos.

•**Family and Morale, Welfare and Recreation:** All programs, Youth Sports, Admin, Army Community Service, Child Development Centers.

•**Emergency Services:** All services, except mission essential Military Police Stations, Fire Emergency Services.



File photo

Two tropical cyclones are expected to impact the Hawaiian Islands.

•**Chapels:** Saturday’s Chapel Fest postponed to Aug. 23; Sunday worship services will continue.

•**Resource Management Office; Internal Review; Equal Employment Opportunity; Plans, Analysis and Integration Office:** Closed.

•**Public Works:** Closed, except for mission essential.

•**Public Affairs:** Mission essential, 656-3242.

•**The Exchange:** The main exchange, shopettes, food concessions and theater are all closed. The Schofield (Foote Gate) and Fort Shafter gas stations will only be open for emergency support.

•**Commissary:** Closed; open, Saturday.

•**Tripler:** Emergencies only.

•**Safe Havens:** About 50 percent; opened 6 p.m., Thursday; Schofield and Fort Shafter. For emergencies only, call 655-7114 (Schofield), 438-7114 (Fort Shafter) or 911. (Note, info current as of 2 p.m., Thursday.)

Online Resources

Visit the following websites for current information:

- “Alerts” at www.hawaiiarmyweekly.com.
- Facebook, <https://www.facebook.com/usaghawaii>.
- Twitter, <https://twitter.com/usaghawaii> or www.ready.gov.
- Nixle, <https://agency.nixle.com/login/>.

Go to the installation website for emergency info at www.garrison.hawaii.

army.mil; click on “Emergency Management,” or go to www.ready.gov.

If you need to move to a safe haven, visit these sites:

- www.garrison.hawaii.army.mil/dptms/SafeHaven2013.pdf, or
- www.slideshare.net/usaghawaii/safe-havens-on-post.

If you live off post, find evacuation and shelter information in your local telephone book or go online to the Hawaii State Civil Defense website at www.scd.hawaii.gov.

SDDC is aware of POV shipping concerns, addressing customer challenges

MARK DIAMOND
Army News Service

SCOTT AIR FORCE BASE, ILL. — Military Surface Deployment and Distribution Command (SDDC) and U.S. Transportation Command (TRANSCOM) are standing up a team of transportation experts to quickly address the most significant challenges and concerns military customers are facing when shipping their privately owned vehicles, or POVs.

May 1, International Auto Logistics, known as IAL, assumed responsibility for the Global Privately Owned Vehicle Contract, also known as GPCIII. Under the terms of the contract, IAL is responsible for processing, transporting and storing vehicles owned by military personnel and Department of Defense civilian employees bound

for, or returning from, overseas duty assignments.

SDDC officials acknowledge the transfer to the new POV contractor did not go as smoothly as it could have. They want customers to know that SDDC is aware of and understands the issues some of them have experienced while shipping their POV. Solving those issues is the command’s No. 1 priority.

They also want their customers to know what SDDC and U.S. TRANSCOM are doing to help resolve these issues and facilitate a smoother and more effective transition to the new contractor.

SDDC serves as the POV program

manager, whereas U.S. TRANSCOM is the Global POV Contract administrator. These two commands work closely together in managing and monitoring this critical quality of life contract.

“We are well aware that our customers continue to experience challenges in shipping their vehicles,” said Navy Capt. Aaron Stanley, director, SDDC Personal Property.

According to the captain, the U.S. TRANSCOM Contracting Office and the SDDC Program Management Office continue to provide program oversight, while daily performance is monitored by Contracting

Officer’s Representatives, or CORs, assigned to Vehicle Processing Centers.

Stanley said there are approximately three dozen CORs, who are globally dispersed to pro-

See POV, A-5

Resources

Military personnel and DOD civilian employees who are experiencing delays with their vehicle arrival time should call International Auto Logistics at (855) 389-9499 (option 2), or visit IAL’s website at www.pcsmypov.com.





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Police Call

Disobedient owners can lose pet privileges

COL. DUANE MILLER
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

It is the responsibility of all pet owners to ensure that pets are in compliance with all policies on U.S. Army Garrison-Hawaii installations.

Policy number "Installation 1" requires that cats and dogs be either on a leash or in a fenced area at all times.

The policy also requires owners to register their animals with on post housing and with the post veterinary clinic within 14 days of arriving on the installation.

Additionally, all cats and dogs must have a microchip implanted in accordance with policy memorandum USAG-HI-35.

Failure to comply with the policies will not only result in a citation, but may result in the animal being impounded, removed from the residence or your loss of the privilege to have pets in Island Palm Communities housing.

Aside from the punitive and administrative actions that may be taken when policies are not followed, violations often cause injury to other animals, Soldiers

and their family members.

Installation 1 and USAG-HI-36 policies specifically prohibit known "aggressive breeds," including Pit bull terriers, Staffordshire terriers, Rottweilers, Doberman Pinschers, Chows, Wolf hybrids or dogs with any of these breeding combinations on the installation in order to lower the risk of incidents.

There have been 11 incidents since January 2014, all of which have involved both dog bites and loose dogs on the installation.

Incidents
The following are excerpts of actual MP blotter entries from USAG-HI.

Failure to Control Pet, Failure to Register Pet, Failure to Microchip Pet
•May 12th, the Schofield Barracks Police Station was notified of a dog on dog attack that had occurred. An owner was walking a black Labrador mixed dog on



Miller

a leash when the dog got loose and attacked a nearby Chihuahua, which was off leash. The Chihuahua sustained a puncture wound on the front left leg.

The owner of the Labrador was cited one DD Form 1408 for failure to control pet (loose dog) and one DD Form 1408 for failure to control pet (dog bite).

The owner of the Chihuahua was cited one DD Form 1408 for failure to control pet (loose dog).

•May 30th, the Schofield Barracks Police Station was notified of a dog bite incident. When MP patrols arrived on scene, investigation revealed that two Labrador mixed dogs were on a lead tied to the fence line at their owner's residence when the two dogs were attacked by another Labrador mixed dog. One dog sustained a puncture wound to the right backside ear lobe.

The owner intervened and sustained three laceration wounds to the outer right ankle. The loose dog's owner was identified.

The owner of the loose dog was cited one DD Form 1408 for failure to control pet (loose dog), one DD Form 1408 for failure to control pet (dog bite), one DD Form 1408 for failure to register pet with

IPC housing, one DD Form 1408 for failure to register pet with on post veterinarian clinic and one DD Form 1408 for not having a microchip.

Take Action

While your pet may be well behaved, there are many circumstances that could lead to you or your pet being involved in a bite, attack or loose pet incident.

Pet owners must ensure they take the proper steps to prevent future incidents and injuries to their pets and their families.

Take the time to register and microchip your pet, and keep them on a leash or in a fenced area at all times.

Pet Policies

Review Installation 1, USAG-HI-35, USAG-HI-36 and IPC pet policies for the complete list of requirements regarding your pets. Abiding with these policies will help reduce the risk of injury from dog bites and attacks. Visit www.garrison.hawaii.army.mil/command/documents.htm?tab=1.



FOOTSTEPS in FAITH

Why are we so busy?

CHAPLAIN (MAJ.) MICHAEL DERIENZO
25th Combat Aviation Brigade, 25th Infantry Division
"No doubt, some people are quantitatively less busy than others and some much more so, but that doesn't change the shared experience: Most everyone I know feels frazzled and overwhelmed most of the time."
— Kevin DeYoung in the book "Crazy Busy"

"How are you?" We ask each other this question to start a conversation or as a quick greeting.

The most common answer is "busy." It doesn't matter if you are a senior officer or an enlisted Soldier, a stay-at-home mom or dad, a student or a DA civilian. You are busy!

How did we get this way? Was it always like this?

We have work, school, bills to pay, activities, dishes to wash, emails and phone calls to answer, and increasingly all kinds of social media tweets and twitters demand time.

How can we fix this? A simple change in the way we think about being busy can radically improve our lives.

What if we just accept the fact that we will always be busy? No matter what we do, most of us will continue to work long hours, commit to a barrage of activities for ourselves and/or family members.

We will have missions to plan and execute and capabilities to build. There are diapers to change and kids to drive around because, let's face it, being a parent is a 24-hour job.

There is paperwork to fill out and submit and resubmit after it is lost the first time. We are going to be busy!

So, since we are going to be busy, we need to take care of ourselves. We know that we will be busy and challenged. We also know that our daily decisions add up over a 365-day period. Who will you be by this time next year?

Nutrition. If you work straight through lunch and then slam some fast food at 2 p.m., you will spend too much money and eat too much salt and fat. Since you will be so busy, how will you plan to eat healthy? Do you want to be trimmer or fatter by August 2015? Do you need a mini-fridge for your office to pack healthy lunches and snacks?

PT. If you want to cut your run time by a minute, you are going to have to run more, and you are going to have to run harder. If you want to bench-press 300 or 400 pounds, you will have to set a series of goals to get there. If you want to decrease your body fat percentage, you will have to do more cardiovascular exercise.

Money. We can save \$1,200 or more in a year by simply saving \$100 per month. Or, we can charge up credit cards we can't pay off and pay interest on stuff we didn't need. Do you need a budget?

Spiritual. If your faith is important to you, how can you prioritize that? If you want to attend your faith group meetings or worship services at least 40 times out of 52 this year, you can only miss one week per month.

Relationships. Where do you want your key relationships to be in 12 months? How will you get there?

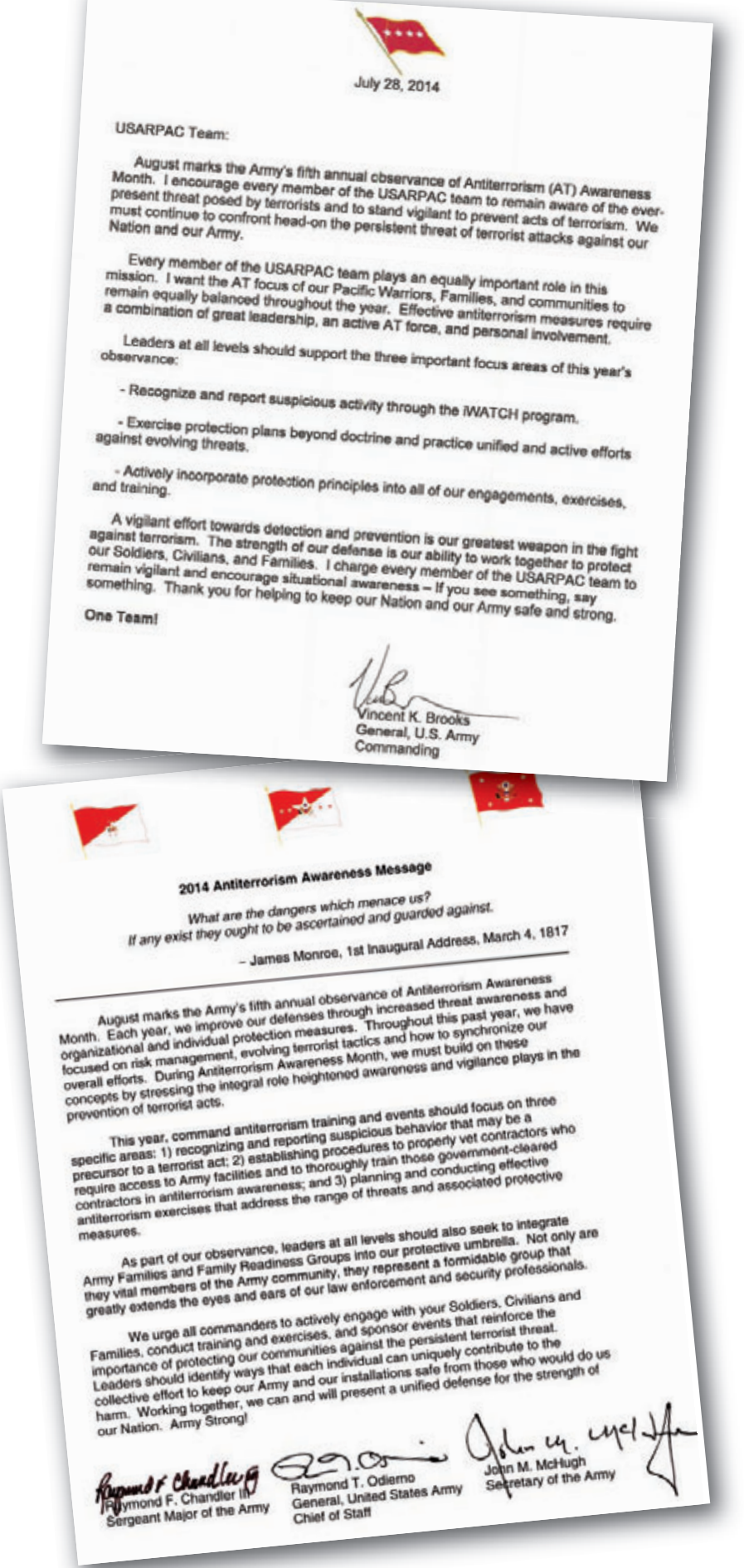
May God richly bless you as you envision who you will be one year from now!

Don't hesitate to let your chaplain or chaplain assistant know how they can help you along the way.



DeRienzo

AT AWARENESS MONTH



Antiterrorism awareness empowers the Army to take prevention measures and encourages each individual to serve as a "sensor."

Visit www.army.mil/standto/archive_2014-08-01/?s_cid=standto.

Voices of Ohana



"I like Fandango, because it lets me keep up with the latest movies for my kids."

Sgt. 1st Class Codye Black
LNO NCOIC, HHD, 728th MP Bn., 8th MP Bde., 8th TSC



"The Chicago Bears app. It provides me with updates on the only NFL team that matters. 'BEAR DOWN.'"

Maj. Michael Cotovsky
Training and operations OIC, HHD, 728th MP Bn., 8th MP Bde., 8th TSC



"I like Credit Karma; it helps me monitor my credit. My wife and I are looking to buy a house soon."

Sgt. Brandon Smith
LNO liaison, HHD, 728th MP Bn., 8th MP Bde., 8th TSC



"Tango. It's like Skype, but without all of the bugs. I can send messages to my family, even when they're asleep."

Pfc. Sydney Teague
Security manager, HHD, 728th MP Bn., 8th MP Bde., 8th TSC



"Snapchat, because it helps me keep in touch with my friends back home."

Spc. Zachary Worman
Driver, HHD, 728th MP Bn., 8th MP Bde., 8th TSC

8th Military Police Brigade changes leadership

STAFF SGT. RICHARD SHERBA
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — “Watchdog” Soldiers, families and supporters gathered at Hamilton Field, here, to mark the passing of the 8th Military Police Brigade colors from Col. Mark Jackson to Col. Duane Miller during a change of command ceremony, July 31.

The passing of the unit colors signifies the changing of command from one commander to another.

The colors symbolize unit esprit de corps, strength and courage. By tradition, the colors are never allowed to fall in combat. Should they fall, the nearest Soldier picks them up and continues to press forward, leading the way until the objective is taken.

Troops filled Hamilton Field to participate in and witness this historic day for the 8th MP Bde.

Command teams from the four battalions — 728th MP Battalion, 45th Special Troops Bn., 303rd Explosive

Ordnance Bn. and the 524th Combat Sustainment Support Bn. — led their Soldiers onto and off the parade field, along with Headquarters and Headquarters Company, 8th MP Bde.

During the ceremony, hosted by Maj. Gen. Edward Dorman III, commander, 8th Theater Sust. Command, an assumption of responsibility also occurred when Command Sgt. Maj. Angelia Flournoy joined the official party as the incoming senior enlisted adviser and received the unit colors from the new brigade commander and assumed responsibility of the 8th MP Bde.

After the passing of command and assumption of responsibility, Jackson, former commander, took to the podium to address Watchdog Soldiers for the last time.



Staff Sgt. Richard Sherba, 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

Senior leadership with the 8th MP Bde., 8th TSC, prepare to hold a change of command ceremony at Hamilton Field, July 31. Also, within the ceremony, Command Sgt. Maj. Angelia Flournoy assumed responsibility as senior enlisted adviser of the “Watchdog” Brigade.

Jackson personally thanked the many attendees who stood before him on Hamilton Field, as well as the many individuals who were unable to be on hand for this historic day, for their support, guidance, mentorship and friendship during his command.

“To my 14 battalion command teams and 60-plus company command teams ... thank you for your selfless service and sacrifice. You truly operated at the speed of trust,” said Jackson. “We are each other’s legacy, an integral part of one another’s lives for the remainder of our days.

“To the leaders and Soldiers of the 8th Military Police Brigade, know that I take so much more away with me than I was ever capable of giving,” Jackson added. “I shall never have a better title than commander, 8th Military Police Brigade. It signifies a brief moment when I stood in the midst of giants ... the leaders and Soldiers of the Watchdog Brigade.”

After a long and vociferous applause for Jackson, the ceremony’s narrator, for the first time, introduced Miller as commander, 8th MP Bde.

From the podium, the new Watchdog commander began his remarks with an enthusiastic “Aloha!”

“Soldiers, civilians and family members, thank you for your service and commitment to this awesome community and our Army,” said Miller. “It is never easy to follow in the footsteps of Mark (Jackson). We are all so fortunate to have inherited an awesome team that you have built over the past two years.

“I value your friendship,” Miller said, to Jackson. “You will be missed, personally and professionally. As you begin your transition, your legacy will not be forgotten.”

Miller then took time to reflect on the members of the Watchdog Bde. who could not be in attendance for the ceremony.

“Today, many more than 450 Soldiers and civilians couldn’t be with us, as they continue to provide support to the community — training or deployed across the globe supporting operations in defense of our nation. You and your families are in our thoughts every day,” said Miller.

“The command sergeant major (Command Sgt. Maj. Angelia Flournoy), Heidi (Miller’s wife), Madison (Miller’s daughter) and I are honored to be here, today, (for) the opportunity to be part of the team of Soldiers, families and civilians in service to our country ... a privilege that we do not take lightly,” Miller continued.

“Sir (Maj. Gen. Dorman), Soldiers, civilians and family members, we are humbled, proud, and we are ready,” Miller said.

“God bless all our Soldiers, civilians and families,” Miller added. “Sustain the fight! One team, one fight! Watchdogs!”



Staff Sgt. Daniel Garcia, 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

Maj. Gen. Edward Dorman III (front left), commander, 8th TSC, passes the 8th MP Bde. colors to Col. Duane Miller, commander, 8th MP Bde., 8th TSC, during the ceremony, signalling Miller’s assumption of command from Col. Mark Jackson. (Photo has been altered from its original form; background elements have been removed.)



Lacey Justinger, U.S. Army Garrison-Hawaii Public Affairs

Col. Richard Fromm II (front right), commander, USAG-HI, passes the guidon to Command Sgt. Maj. Louis Felicioni, incoming senior enlisted adviser, USAG-HI, during a change of responsibility ceremony, Tuesday.

Felicioni becomes garrison CSM

AIKO BRUM

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii welcomed its new command sergeant major, here, Tuesday.

The garrison commander, Col. Richard Fromm II, transferred responsibilities from Command Sgt. Maj. Philip Brunwald to Command Sgt. Maj. Louis Felicioni during a change of responsibility ceremony at Weyand Field.

“Command Sgt. Maj. Phil Brunwald and his lovely wife, Rebecca, both have been an invaluable part of the garrison command team during the past two years,” said Fromm, noting these years were both “tumultuous and challenging” for the Army.

Budget cuts, downsizing, personnel reductions, sequestration and employee furloughs demanded action during Brunwald’s tour, the commander said, also noting that while units were deploying and redeploying from Iraq and Afghanistan, the garrison was responding to a tsunami, two bomb threats and three major wildfires, among other issues.

“His mantra has always been the same, ‘Take care of our customers,’” said Fromm.

Brunwald worked with the installation’s partners and communities to support the garrison’s population of more than 98,000 Soldiers, other military members, families, civilians and retirees.

He pushed the First Sergeants Bar-

racks Initiative to secure efficient housing management; promoted the Army Career Alumni Program (now called Soldier for Life: Transition Assistance Program) and the Sponsorship Program; invigorated Better Opportunities for Single Soldiers (BOSS) participation by 150 percent; and was an “outstanding mentor to fellow sergeants major, senior NCOs (non-commissioned officers) and officers,” said Fromm.

Fromm also extended appreciation to Rebecca Brunwald, stating, “She is the epitome of southern hospitality” for her work as a liaison for Operation Homefront Hawaii, as a board member for Parent to Parent and much more.

“It’s been an honor to support you this short period of time,” said Brunwald, who thanked many personnel, including his wife; the former garrison commander, Col. Daniel Whitney; Fromm; and the cooperative efforts of all who helped the installation to win the Army Community of Excellence Award.

“This has been one of the most rewarding leadership challenges I’ve had in 27 years,” Brunwald said. “I’m going to miss Hawaii and the garrison more than they know.”

The Brunwalds are transferring back to Fort Sill, Oklahoma, for their fourth tour.

Felicioni comes to Hawaii from Fort Stewart, Georgia, where he served as the garrison command sergeant major.



Sarah Pacheco, Hawaii Army Weekly

Command Sgt. Maj. Philip Brunwald, outgoing senior enlisted adviser, USAG-HI, bids one final aloha to colleagues and friends during Tuesday’s ceremony.

“I’ve shared with him that Hawaii is a bit more complicated and challenging,” said Fromm, “with 22 installations, 10 general officer commands and a host of other units.”

Felicioni thanked the garrison for its “warm reception and quick integration to the community,” and said he and his wife, Sun, are looking forward to meeting and working with everyone.

“Always remember ... take care of one another, work as a team and strive to make improvements — not only at work, but in your life. Support and defend,” Felicioni said.

Sanchez is newest one-star

Story and photo by
SGT. KIMBERLY MENZIES
94th Army Air and Missile Defense
Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Col. Eric Sanchez, commander of the 94th Army Air and Missile Defense Command, was authorized and directed to wear the one-star insignia of a brigadier general during a frocking ceremony, here, Aug. 1.

Sanchez graduated from Santa Fe High School and enlisted into the U.S. Army National Guard while attending college. It was while enrolled in college that Sanchez decided to become a commissioned officer.

things; he was one of the first influences, at the E5 level, when I was a young Soldier.

“There was also my first platoon sergeant, Sgt. 1st Class Inocencio, who was a great platoon sergeant to have as a brand-new second lieutenant,” Sanchez continued. “He had been in the Army for 19 years, and he knew all the ins and outs — the things that would make a lieutenant successful, the things to stay away from or to do better. He was a great influence on me, as a mentor from the NCO side.”

Several commissioned officers also helped Sanchez along the path to where he is today, to include Capt.



Col. Eric Sanchez (center), commander, 94th AAMDC, assumes the rank of brigadier general as daughters Marilissa and Sophia replace his epaulets with the one-star insignia during a ceremony, Aug. 1.

“I started out enlisted,” said Sanchez. “I really enjoyed what I was doing, but I wanted more of a personal challenge, (because) my dad was a logistics officer in the National Guard. Talking to him and seeing what opportunities were out there, I made the decision to join the ROTC program when I was in college.”

Though Sanchez was commissioned after becoming a distinguished military graduate of New Mexico State University, his journey was not only fostered by his personal relationship with his father, William Sanchez, but also through the encouragement of several different leaders throughout his career.

“Different individuals saw that I had potential and encouraged me to go out and do great things,” said Sanchez.

“Early on in my career, Sgt. Hernandez, an orderly room (noncommissioned officer), took me under his wing and was one of the first to encourage me,” he said. “He told me that I had the potential to do great

Peter Loeb, his second battery commander during his deployment to Desert Shield/Desert Storm.

“Watching that leadership and what he was able to do ... was an influence on me. Some of the things he did in the unit, I do still to this day,” said Sanchez. “Also, (retired) Brig. Gen. Underhill and Maj. Gen. Dickinson, my two brigade commanders who I served under during my battalion command, were great role models and vital to my success in command.”

Even with great leadership standing behind and encouraging him, Sanchez said he “never had a dream of being a general officer.”

“My goal was to become a battalion commander, and anything after that was gravy,” he said.

“It was a surprise to me to be selected to brigade command,” Sanchez said. “And then to be selected to be a (general officer) and to be sent to be part of the best air and missile defense in the world located in Hawaii was momentous.”

599th Trans. Bde.'s 'commander's call' bridges gaps

Story and photo by
DONNA KLAPAKIS
599th Transportation Brigade
Public Affairs

WHEELER ARMY AIRFIELD — The 599th Transportation Brigade hosted its battalion commanders and sergeants major during an in-person commander's call at the headquarters, here, July 28-31.

Because the unit has only its brigade headquarters in Hawaii, with each battalion distant from all others and scattered throughout the Pacific, the brigade commander takes an opportunity once a year to get the commanders together.

Command Sgt. Maj. Claudia Shakespeare, brigade command sergeant major, explained the reason for the event.

"The purpose of the commander's call was to strengthen the team's relationship and to help each of us better understand our roles in our area of operations, as well as raise awareness how our missions interrelate and overlap," she said.

Although attendees considered different aspects of the event to be most beneficial, the battalion commanders and sergeants major all appreciated the chance to get together.

Sgt. Maj. Bradley Waters, sergeant major of the 836th Trans. Battalion in Yokohama, Japan, said, "I believe the benefits to us were



Brigade and battalion commanders and sergeants major from the 599th Trans. Bde. meet in the brigade command conference room to kick off the in-person commander's call at 599th headquarters, July 28.

twofold, in that we were finally able to get with our counterparts in the other battalions and get a better understanding of where our missions overlap and where they differ. It also gave us a chance to meet the brigade staff and thank them for their work on our behalf."

"When we conduct a video teleconference, it is always rushed and takes out the personalities of the people you are dealing with," said Navy Cmdr. Matthew "Mark" Wills, the commander of Surface Deployment and Distribution Command 320, a Navy reserve battalion in Alameda, Califor-

nia. "This got us out of our regular work environment, and we were able to see what our counterparts do and understand their challenges. It also gave us a chance to see the boss and understand her challenges."

"The face-to-face with the staff was very good," said Lt. Col. Charles

Novotny, commander of the 835th Trans. Bn. in Okinawa, Japan. "Now that we know the personalities of the people we have been dealing with on the phone, we'll be more effective in our communications. That was especially beneficial to the two new battalion commanders. This creates dialogues."

Novotny said he also appreciated the chance for the commanders and sergeants major to get a chance to revisit leadership topics as a group and in person from the brigade commander.

Participants were busy with briefings and discussions. Leaders of each section in the 599th headquarters briefed their roles and responsibilities and brought commanders up to date on the latest developments. They also tried to find out how to better support the battalion commanders' needs from afar.

On the last day, the commander and sergeant major discussed leadership, communication, counseling and mentoring and how to develop and achieve unit goals.

"This commander's call strengthened old relationships and helped to build new ones," Shakespeare said. "It also helped us to resynchronize processes across the brigade. I look forward to the opportunity to add to our knowledge and fellowship next year."



The BEBH team stands in front of the newly renamed Bronco Embedded Behavioral Health clinic on Schofield Barracks.

BEBH: Team supports

CONTINUED FROM A-1

and capable of fighting and winning America's wars," Preston stated.

"They (the BEBH team) have a huge responsibility in helping our Soldiers to remain healthy and proficient at what they do," added Col. Scott Kelly, commander, 3rd Brigade Combat Team, 25th Infantry Division.

The team has already improved behavioral health outcomes, allowing more treatment for Soldiers.

During the open house, the providers took the afternoon to educate the command teams on the services offered and what they can do to help reduce future problems.

Some of the workshops and classes that are being offered are Coping Skills, Anger Management, Relaxation and Stress Management training.

"The clinic's staff are all truly dedicated and appreciated by all of the Soldiers and units they support," said Preston. "We really owe a lot to this team for their willingness and desire to make sure our commanders and Soldiers are best supported."

"By teaching Soldiers coping skills, as well as getting them to admit to what's going on and seek help, they are affecting the lives of Soldiers and their families. I am grateful for what they do," said Kelly.

JVEF celebrates military-school partnership

USPACOM, DOE host annual meeting Aug. 28

JOINT VENTURE EDUCATION FORUM
News Release

The Joint Venture Education Forum (JVEF) will hold its 13th annual meeting celebration 9-11 a.m., Aug. 28, at The Salvation Army-Ray and Joan Kroc Corps Community Center, with registration, displays, refreshments and entertainment from 8-9 a.m.

The event is hosted by executive co-chairs Col. Jaimie Pease of U.S. Pacific Command (USPACOM) and Kathryn Matayoshi, superintendent of the Hawaii State Department of Education.

The JVEF is a partnership between Hawaii's military community, the Hawaii public schools and other community organizations.

U.S. Sen. Mazie Hirono will be the guest speaker, and she will address JVEF's theme, "Dedicated Partners in Education."

Also, U.S. Secretary of Education Arne Duncan will deliver a special message video.

Men and women of the armed forces, educators and community members who

have played a role in enhancing education in Hawaii public schools throughout the past year will be recognized.

Plus, two prestigious awards will be presented, the Outstanding Military Contributor and the Outstanding Civilian Contributor Commendation Awards.

More than 300 guests will attend, including senior military officials from the

ing senior leadership in the military and Hawaii public schools. Their charge was to develop a committed, empowered and involved partnership in pursuit of quality education.

The JVEF encourages military participation in Hawaii public schools through open dialogue on educational concerns:

- 1) that promote an understanding and support for the needs and transition issues of military children and families, and
- 2) that facilitate support for Hawaii's public school students.

Since 2000, Hawaii public schools have benefited from the \$58

million appropriated by the Department of Defense to fund programs and partnerships that promote quality education through teacher training, computers in the classrooms, facility upgrades and other initiatives.



USPACOM, the Army, Air Force, Coast Guard, Marines, Navy, Hawaii National Guard and Reserve commands, Hawaii's national and state legislators, state education leaders, school faculty and personnel, and business and community leaders.

Background

In 1998, U.S. Sen. Daniel Inouye, in partnership with USPACOM commander Adm. Dennis Blair and former State Superintendent of Education Paul LeMahieu, initiated a cooperative effort to assist schools and military dependent students in Hawaii public schools.

The first meeting of the JVEF convened in June 1999 with 17 members represent-

Registration

Guests wishing to attend are asked to RSVP by Aug. 8.

Call 477-8161, or go online to <https://www.eventbrite.com/e/2014-jvef-annual-meeting-tickets-11731440053>.





Seiryu Kobayashi (middle row, left) and Daiki Yamaguchi (middle row, right), children from the Holy Family Home Orphanage in Osaka, Japan, pose with their host family during a regimental picnic at Stoneman Field, Aug. 1.

‘Wolfhound’ ohana opens home

Visit strengthens bond

Story and photo by
SGT. BRIAN ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Opening up their home to orphans from the Holy Family Home, has been a life-changing opportunity for one “Wolfhound” family.

“I have always thought this was a cool program; I couldn’t wait to be involved,” said 2nd Lt. Matt Farrar, 2nd Battalion, 27th Infantry Regiment, “Wolfhounds,” 3rd Brigade Combat Team, 25th Infantry Division.

The Farrar family was able to make Seiryu Kobayashi and Daiki Yamaguchi a part of their family for the first week of their visit to Hawaii.

Having been stationed with the Wolfhounds before, the Farrars made sure they were way ahead of the curve and got their names in early to be a part of this opportunity.

The boys from Japan wasted no time before they became involved within the

family.

“It was amazing how quickly they fit in. Immediately, the big ones started looking after the little ones in our house,” said Tina Farrar, spouse.

The family hasn’t missed a beat since they opened up their doors. Daiki and Seiryu have been a part of everything the family is doing from karate class to meeting the teachers for the Farrar’s oldest child.

“It’s really neat that these kids get to be a part of a family and really be able to take ownership of one another,” said the second lieutenant.

Having four children of their own, the Farrars wondered how well their children would be able to get along with their house guests from Japan.

“The other day at the water park, I sat back and watched the kids interact in line, and you could not tell there was any type of language barrier at all,” said 2nd Lt. Farrar.

Not only have the children bonded with the two boys, they have also learned valuable lessons, according to their dad.

“This visit has opened my children’s minds about how awarding it is to help others who are less fortunate than themselves,” said 2nd Lt. Farrar.

The Farrars were sad to see it end, but know that every moment with these kids was a “blessing” to their family.

They hope they will get the opportunity to host children in the future.

“It has been an honor. These are great kids, and they have taught our kids a lot,” said Tina. “I can’t imagine not doing this again.”

This year marks the 57th annual Holy Family Home summer visit, a tradition which has come to define the 65-year perpetual relationship between the regiment and the orphanage.

The visits began when two orphans were invited to visit the Wolfhounds in 1957. The tradition continues today, said Yuko O’Reilly, known as the “mother of the Wolfhounds.”

The success of the Holy Family Home visit this year strengthens civil-military bonds on Oahu and encourages other units to reach out to civil partners to do the same.

Spur: Soldiers join ‘Order’

CONTINUED FROM A-1

being airlifted to East Range.

“It’s a learning experience working as a team with different MOSs (military occupational specialties),” said Spc. Michael Villanueva, assigned to Blackfoot Troop, 3-4th Cav.

Upon arriving at East Range, the groups had to start the rest of the tactical lanes, which the Soldiers had to travel to on foot.

Teams had to complete route reconnaissance, area reconnaissance and a vehicle recovery lane, along with the confidence course.

“We worked pretty well together, overall; everybody picked up

the slack when one of the teams struggled,” said 1st Lt. Caleb Stenholm, A Troop, 3-4th Cav.

After each team finished all the lanes at East Range, they began their movement back to the battalion headquarters.

When the teams arrived at their battalion headquarters, Soldiers received a quick rest before facing the final task: the spur board.

Each group was asked a series of questions before the commander gave the final seal of approval, stating all Soldiers had earned their spurs.

“(The Spur Ride) is like everything in life, you get out of it what you put into it,” said Stenholm.



A spur candidate (left) from 3-4th Cav. Regt., 3rd BCT, 25th ID, takes aim at a target after completing calisthenic exercises during the stress-shoot lane of the Spur Ride, July 30.

POV: SDDC works on issues

CONTINUED FROM A-1

vide daily oversight of IAL operations.

“According to the CORs, IAL is responding to their feedback and has begun to make improvements,” explained Stanley.

“That said, we believe that one unhappy customer is one too many,” he said. “We want to assure our military and civilian partners and their families that SDDC, U.S. TRANSCOM and IAL are actively taking steps to im-

prove the POV shipping process for them. We will continue to use their feedback and observations as we work to deliver their vehicles during the busy peak moving season, and we apologize to those who have experienced frustrations during the initial months of the new contract.”

Stanley said that although these challenges won’t go away overnight, service members should know the steps they can take to help ease the stress of shipping their POV.

Social Security changes

SOCIAL SECURITY ADMINISTRATION
News Release

To meet the increasing demands for service, Social Security needs to make changes to how it provides some services to customers.

To protect the integrity of the Social Security number and prevent fraud, Social Security will discontinue providing number print-outs effective Aug. 1, 2014.

If you need proof of your Social Security number and you do not have your Social Security card, you will need to request a replacement Social Security card by completing the “Application for a Social Security Card,” Form SS-5, and providing the required documentation.

Benefit verifications have been available online since January 2013, and now you can save a trip to a field office by getting an instant letter online with a personal “my Social Security” account, or you may continue to call toll-free to request a letter by mail.

How to get replacement cards

Your Social Security card is your legal proof of your Social Security number. If you need proof of your number, and you can’t find your card, you will need a replacement card.

To get a replacement card, complete the “Application for a Social Security Card,” Form SS-5, at www.socialsecurity.gov/ssnumber. You also will need documents proving your identity, age and citizenship or lawful immigration status.

In most cases, you can take, or mail, your

completed application and original documents to any Social Security office.

Go to www.socialsecurity.gov/locator to find the Social Security office or Social Security Card Center that serves your area.

After processing, we will return your documents to you.



How to get benefit verification letters

If you need proof of your Social Security or Supplemental Security Income benefits, you can get a benefit verification letter online instantly through a “my Social Security” account. To create an account, visit www.socialsecurity.gov/myaccount.

With my Social Security, you can easily view, print or save an official letter that includes proof of your benefit amount and type, Medicare start date and withholding amount (if applicable), and your age.

Online

To learn about the many convenient online services available to you, visit www.socialsecurity.gov.



More Information

Call Social Security, toll-free, at (800) 772-1213 and ask for helpful publications.



Traffic Report lists closed roads, limited routes, construction detours and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Motorists in affected areas are advised to use caution, to observe all signs and traffic personnel and to expect delays.

For an up-to-date listing of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm.

Unless otherwise noted, all phone numbers are area code 808.

Today

Bridging — The makai traffic lane of Kahauiki Stream Bridge, Fort Shafter Flats, will be closed, beginning at the intersection of Funston Road and Kahauiki Stream Bridge and end at the intersection of Annex Road and Kahauiki, 7 a.m.-6 p.m., through Aug. 9.

Exchange Parking Lot — Contractors will be pulling cables in new manholes on Wilson Road and at the exchange parking lot on Fort Shafter. One lane of Wilson Road and a section of the parking lot will be closed, through Aug. 11.

TAMC — The inbound lane of Tripler’s Krukowski Road will be closed for construction, through Aug. 11.

Fisher — Tripler’s Krukowski Road has a partial closure near Fisher House Buildings I and II. Access is restricted to one lane, through Aug. 22.

Note, Phase I will occupy the north end of Krukowski at the entrance to the Fisher Homes through today; Phase II will occupy the Federal Fire parking lot, Aug. 11-22.

Arsenal — A section of Fort Shafter’s Arsenal Road, as well as several parking stalls in the Bldg. 525 parking lot, will be closed, through Aug. 15. Access to the Fort Shafter gas station will still be open via Arsenal Road.

Aleshire Ave — Expect a road closure at Schofield’s Aleshire Avenue, near Buildings 2027 and 2087. Traffic will be redirected to alternate routes, through Aug. 20. Watch for signs/barriers at each end of Aleshire.

Quad D — The left lane of Foote Avenue, Schofield Barracks, will be closed, 8:30 a.m.-2:30 p.m., until Aug. 29, due to unforeseen conditions with roadwork behind Bldg. 450.

11 / Monday

WAAF — There will be lane closures at Lauhala Road, near the intersection at Kawamura Gate, Wheeler Army Airfield, 8 a.m.-4:30 p.m., Aug. 11-15, in order install a crosswalk and new sidewalk. Two-way traffic will be allowed at all times during the construction.

Safety signs and barriers will be in place when the roadway is closed. Project schedule is subject to change, pending weather delays.

Lane Closure — Stage 2A of an ongoing project includes a one-lane closure along Schofield’s Mellichamp Road, from Bldg. 1670 to the intersection at Lyman Road, through Aug. 11.

In Stage 2B, Aug. 12-26, Lyman will be temporarily realigned from Mellichamp Road and headed west toward Bldg. 1670.

Incoming traffic must yield to outbound traffic for those accessing the parking lots at Buildings 1670 and 1607.

12 / Tuesday

Helemano Military Reservation — New housing area units 114, 116, 118, 120, 122, 124, 130 and 132 on He’e Nalu Court will experience a planned power outage, 8 a.m.-2 p.m., to support Solar City installation.

Please note that this list may not be all inclusive; the extent of the outage area may increase, so be prepared for an extended outage.

14 / Thursday

Tripler TARP — Attend the hour-long, mandatory annual Threat Awareness and Reporting Program training, 9 a.m., in Tripler’s Kaiser Auditorium. Call 655-1306.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Hurricane Updates — U.S. Army Hawaii personnel are reminded to review U.S. Army Garrison-Hawaii’s websites for the latest information on hurricanes and tropical storms:

•Facebook at <https://www.facebook.com/usaghawaii>;

- Twitter at <https://twitter.com/usaghawaii>;
- Nixle at <http://local.nixle.com/us-army-garrison-hawaii-emergency-response/>; and
- Alerts at www.hawaiiarmyweekly.com/category/alerts-2/.

To find current lists of on-post and off-post shelters/safe havens, visit www.garrison.hawaii.army.mil, click on “Staying Safe” in the left menu, and then “Emergency Management.”

Be sure to have three-five days of basic disaster supplies, to include food, water and other essentials.

Customer Voices — Take part in a community survey to share perceptions of how garrison services are per-

forming and how important those services are to organizational mission accomplishment and for individual needs.

This customer feedback will help the garrison answer whether its efforts to deliver high-quality services are making a difference and meeting its customers’ expectations.

Visit www.surveymonkey.com/s/2014_USAG-HI_Community_Survey.

Hawaii Primary — Hawaii residents are reminded that the state’s primary is Saturday, Aug. 9.

Stress Help — Got stress? Anyone on the Army team who is feeling over-

come by stress and looking for some help can check out the free mobile app developed by military medical experts and tested by Soldiers at www.t2.health.mil/apps/virtual-hope-box.

Child Safety — The 2014-2015 school year has begun.

Community members are advised to watch for children walking on sidewalks, riding their bicycles and crossing roads. School-zone speed limits are 15 mph.

Parents are reminded that children younger than 10 years cannot be left alone at a bus stop or walk to school alone; a parent or sibling who is age 12 or older must escort them.

PAU HANA

"When work is finished."

Warrior Transition Battalion



Soldiers from the Schofield Barracks Warrior Transition Battalion finish their first lap in the ocean with volunteers from the Ka Mamlahoe Canoeing Club at Ke'ehi Lagoon, here, July 29, as part of their Adaptive Reconditioning Program. Pictured are coach Mike Tosaki (far left), Staff Sgt. Charlie Tava'e (in canoe, from back to front), Sgt. 1st Class Joshua Brown, Sgt. 1st Class Shane Teixeira, Spc. Rena Ryan, Sgt. Chantal Yadao and coach Karen Spellmeyer (far right).

Paddling offers unique physical training experience

Story and photos by
CAPT. JOHN WOLF

Tripler Army Medical Center

HONOLULU — For Soldiers in the U.S. Army, Hawaii can be a very unique place to be stationed.

Hawaii's tropical climate allows its residents to experience warm weather all year-round.

The Soldiers of the Warrior Transition Battalion (WTB) at Schofield Barracks take advantage of the opportunity by engaging outrigger canoe paddling, a sport that WTB Soldiers say is a favorite in Hawaii.

Starting at 6 a.m., Soldiers from the WTB started to arrive at Ke'ehi Lagoon to learn the basics of canoe paddling as part of their Adaptive Reconditioning Program (ARP).

By 6:30 a.m., volunteer coaches from the Ka Mamlahoe Canoe Club separated the Soldiers into six-man teams and began going over the mechanics for an efficient paddling stroke.

By 7 a.m., three outrigger canoes with 15 Soldiers were in



Volunteer coach Manny Realin (left) of Ka Mamlahoe Canoeing Club stands with (from left) Sgt. Kawaiola Nahale, Staff Sgt. Manuel Chavez-Martinez, Sgt. 1st Class Alikea Naluai and Sgt. Joshua Rabago, all from the Schofield Barracks Warrior Transition Battalion, as they receive last-minute instruction before starting their paddling workout at Ke'ehi Lagoon.

the water to start the workout.

The sport of outrigger canoe paddling consisted of a six-person team in a canoe supported by an outrigger, which provided stability to the canoe.

Outrigger paddling is only one of the ARP activities WTB Soldiers engage in daily.

"The paddling program allows Soldiers in transition to do something that is totally holistic and out of the normal Army physical fitness environment by being in the water," said Staff Sgt. Kris Ka'opuiki, who is in charge of the

paddling program. "Soldiers learn teamwork and engage in physical activity to help them rehabilitate from their injuries. We teach the correct paddling technique to make sure they don't exacerbate their injuries. It's really important that they learn to paddle the right way."

Staff Sgt. Charlie Tava'e, an experienced paddler, also believes that the paddling program builds strong teamwork and wishes he had the same program at his home WTB in Fort Lewis, Washington.

Volunteers from the canoe club provided instruction and equipment, completely free of charge to the Soldiers.

Scotty Thompson, founder of Ka Mamlahoe Canoe Club, believes that paddling not only provides a great workout, but also builds a strong 'ohana or family.

"Many of the Soldiers have become part of our 'ohana," he said. "Our mission is to be part of the community, perpetuate Hawaiian culture and emphasize the whole 'family' part of the program. The

Soldiers give us the opportunity to work with them and we are very grateful for that."

Thompson added, "Many of the Soldiers who are dealing with PTSD (post-traumatic stress disorder), have found peace on the open water and feel that it is much easier to cope with the rest of their day."

In Ka'opuiki's estimation, at least 75 Soldiers have already participated in the program since its inception, and a number of veterans have continued participation with the club following their transition out of the Army.

By the end of the session, the Soldiers were leaving the water all smiles and nursing sore muscles.

The Soldiers are currently training for the annual Duke's Oceanfest Wounded Warrior Canoe Regatta, Aug. 16. At that event, six teams will compete against other wounded warriors, Gold Star family members and active duty service members from the other branches of the service on the island.



Volunteer coach Mike Tosaki (second from left) of Ka Mamlahoe Canoeing Club helps Sgt. 1st Class Shane Teixeira (back left), Staff Sgt. Edward Barcinas (center) and Staff Sgt. Charlie Tava'e, all from the Schofield Barracks Warrior Transition Battalion, perfect their paddling technique at Ke'ehi Lagoon, here, July 29.



Briefs

Today

Postponed Country Western Right Arm Night — This FS Hale Ikena hosted event, scheduled to begin at 4 p.m., has been postponed due to Hurricane Isella and will be rescheduled.

Spouses and DOD civilians are welcome to the rescheduled event. Call 438-1974

Postponed SKIES Classes — Due to Hurricane Isella, SKIES classes scheduled for today and Saturday, Aug. 9, for theater, Lil Ninjas, tae kwon do, Kempo and hula have been cancelled. Call 655-9818.

9 / Saturday

Cancelled Intro to Surf Kayaking — Due to Hurricane Isella, the Outdoor Recreation instruction class, scheduled for Saturday, Aug. 9, for kayak surfing at Pokai Bay or in Haleiwa, has been cancelled. Call 655-0143.

11 / Monday

Army 10 Miler Race — The late application period for the Army 10 Miler Race runs through Aug. 11 for the 6 a.m., Aug. 16, race that begins at Richardson Pool. It's open to active duty, retired veterans, National Guardsmen, Reservists and their adult family members (16 and older). DOD civilians and contractors working on a military installation in Hawaii are eligible with valid ID card.

This race is the qualifying event for active duty Soldiers who will be selected to represent Team Army Hawaii in the Army 10 Miler, Oct. 12, in Washington, D.C. Soldiers must submit their commander's authorization to be considered for the team.

Registration and \$40 late payment fee will be accepted at these locations:

- SB Health and Fitness Center, 655-8007;
 - Martinez PFC, 655-4804;
 - Heleman PFC, 653-0719;
 - Tripler PFC, 433-6443;
 - Fort Shafter PFC, 438-1152; and
 - AMR PFC, 836-0338.
- Download an application at www.himwr.com/images/flyers/july-2014/2014-10milerapp.pdf. Contact Mike Kim, race director, at 655-9914 or 655-0856.

Workweek Lunch — SB Kolekole Bar & Grill (655-4466) and FS Mulligan's Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style or menu items.

Pau Hana Social Hour — SB

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Postponed National Night Out — Due to threats of Hurricane Isella, today's scheduled National Night Out has been rescheduled for Sept. 12 at WAAF. Contact Island Palm Communities at 275-3159.

Joint Spouses Conference — Today, Aug. 8, is the first full day of registration for the annual conference, scheduled for Sept. 27 at Marine Corps Base Hawaii, Kaneohe Bay. Visit www.jschawaii.com or www.facebook.com/jointspousesconferencehawaii. Conference spaces are limited and traditionally fill quickly.

Special Gas Discount — From Aug. 8-10, the Hawaii Exchange is doubling the everyday 5-cents per gallon gas discount Military Star

RESCHEDULED

CHAPEL FEST

SCHOFIELD BARRACKS — Originally scheduled for Aug. 9, Chapel Fest is now rescheduled for Aug. 23 because of the threat of inclement weather from Hurricane Iselle.

The Main Post Chapel on Schofield Barracks will host Chapel Fest from 10 a.m.-3 p.m., with bouncy houses, a rock climbing wall, face painting, a dunk tank, video games and many more activities.

This event provides opportunities for all Soldiers, family members and DOD civilians to experience a day of activities, which includes free hot dogs, hamburgers, drinks, shaved ice and cotton candy.

The community is invited to grab a hamburger, bring their children and have a great time learning about the local Religious Support Office's services and programs. Call 656-0219.



Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday, at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce.

12 / Tuesday

Acrylic Painting — Create your own island inspired masterpiece at this adult workshop held 5:30-7:30 p.m. at the SB Arts and Crafts Center. Includes canvasses and paints; costs \$80 for four sessions. Call 655-4202 for preregistration.

Taco Tuesday Night — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

\$2 Bowling Special — FS Bowl offers a "\$2 Bowling Special," 9 a.m.-9 p.m., every Tuesday, now through

Sept. 30. Offer not valid with other promotions, holidays, specials, reservations or groups. Shoe rental not included. Call 438-6733.

13 / Wednesday

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.

Attend these meetings:

- North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
- South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Teen Wednesdays — Cosmic Bowling for teens is \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

20 / Wednesday

EDGE Home School Adventure-Hiking — This Outdoor Recreation supervised program meets at Dillingham Airfield Tower and

Pupukea, Aug. 20; costs \$20. Participants should be 10-18 years old, wear covered toe shoes and bring sunscreen, water and a hat. Call 655-9818.

Ongoing

Bowling Sale — All youths, ages 17 years and younger, receive one free game for every game purchased at FS Bowl between noon-4 p.m., Monday-Friday, during August.

Free games must be bowled on the day of purchased game and will only be offered provided lanes are available. Call 438-6733.

Pacific Teen Panel — Provide service on the PTP (Pacific Teen Panel) for the AMR/TAMC/FS communities. Must be CYS registered, in the 9-11th grade and participate in Youth Activities.

PTP participants are advocates for their peers participating in monthly teleconference calls or video teleconference with other youth in the Pacific. For more details, call the AMR Youth Center at 833-0920 or the FS Teen Program at 438-6470.

cardholders receive when fueling up. On those three days, drivers paying for gas with their Military Star card will receive 10-cents off per gallon.

9 / Saturday

Postponed MCBH Keiki Tradewind Triathlon — Due to threats of Hurricane Isella, the Marine Corps Base Hawaii, Kaneohe Bay's annual children's triathlon has been moved from Saturday, Aug. 9, to Aug. 23. The event is for two age divisions: 7-10 and 11-14 year olds and is open to the public. For race details, visit www.mccshawaii.com/races.

12 / Tuesday

Protestant Women of the Chapel — Women's Bible study and fellowship begins, 9-11:30 a.m., Aug. 12, at the AMR Chapel. Free child care is available for CYS registered keiki. Visit www.facebook.com/PWOCatAMR.

15 / Friday

WMCAC Golf Tourney — Hit the greens with the Waianae Military Civilian Advisory Council at its annual golf tournament at Makaha Valley

Country Club (Makaha East Golf Course). Check-in is 10:30-11:30 a.m., and the tourney begins with a shotgun start at noon. An awards banquet will follow.

Cost for this three-person scramble is \$125 per player. To register, contact Don Arakaki at 255-8669.

Battleship Missouri Picnic — Celebrate National Relaxation Day, 6-9 p.m., Aug. 15, on the Battleship Missouri Memorial for a fun and relaxing picnic to start the weekend. Watch the sunset from one of Hawaii's most historic locations: Pier Foxtrot-5 on Ford Island, where the Mighty Mo is berthed.

Bring picnic gear, food and drinks (no glass bottles or grills permitted) for an evening of fun and entertainment, including live music and swing dancing. Admission is \$10.

To purchase tickets, visit <http://bb63.stores.yahoo.net/stbepi2.html> or bring cash to pay at the door.

BayFest Concert Sale — Early discounted concert tickets for BayFest music concerts, including country musician Rodney Atkins and rock group Smash Mouth, are on sale for \$25 through Aug. 15, on-

line, for individual nights during the Oct. 17-19 festival, at www.BayFestHawaii.com. Authorized patrons may also purchase tickets at any military ticket outlet beginning the same day.

BayFest includes three days of music and family fun at Marine Corps Base Hawaii, Kaneohe Bay.

16 / Saturday

Duke's OceanFest — A variety of open ocean competitions and events begin, 10:45 a.m., in Hawaii Kai, and end at the Duke Statue Waikiki. Includes stand-up and prone paddleboard, Aug. 16. Event honors Hawaii's Duke Kahanamoku, olympic swimming champion and legendary surfer. Visit www.dukeoceanfest.com or call 545-4880.

Model Planes Airshow — The Biggest Little Airshow in Hawaii returns to Pacific Aviation Museum Pearl Harbor, Saturday and Sunday, Aug. 16-17. You can drive on to Ford Island or take the free shuttle from the Pearl Harbor Visitor Center.

Includes hospitality tents, retail booths, food vendors and prizes, besides the expanded, newly choreographed remote-control airshow.

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
 - 8:45 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 10:45 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)
- Sunday, 9 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aaqes.com under realtime movie listing.



Transformers: Age of Extinction

(PG-13)

Friday, closed Sun., Aug. 10, 2 p.m.

Maleficent

(PG)

Sat., Aug. 9, 2 p.m.



Deliver Us from Evil

(R)

Sat., Aug. 9, 6 p.m. Thurs., Aug. 14, 7 p.m.

Cloudy with a Chance of Meatballs 2

(PG)

Thurs., Aug. 14, 5 p.m.

(Admission \$2; Children ages 5 and under free.)

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield



Photos courtesy Kiki Yoshimoto, Operation Military Kids

Crystl Bustos, three-time Olympian and gold medalist, gives proper techniques to girls at the 2014 Operation: Military Kids Girls Youth Softball Clinic, held at Lynch Field Baseball Complex, JBP HH, July 29.

Gold Medalist demos Olympic-caliber softball

SCHOOL LIAISON OFFICE
Child and Youth Support Services; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii

JOINT BASE PEARL HARBOR-HICKAM — Gold Medalist and three-time Olympian Crystl Bustos, along with Ruby Rojas, a 13-year veteran of the Venezuelan National Softball Team, made their way back to Oahu to host the 2014 Operation: Military Kids (OMK) Youth Girls Softball Clinic.

This year is the second one Bustos has instructed the no-cost clinic, which was held July 29 at the Lynch Field Baseball Complex, here.

With additional help from local coaches and Chaminade University Athletics, Bustos and Rojas provided detailed instruction on proper fielding, pitching and hitting techniques adapted to each participant’s skill level.

Participants ranged from ages 8-15 and represented all active duty components and the National Guard and Reserves.

This clinic was created specifically for military youth as a way for Bustos and her pro staff to show their support and appreciation for all military personnel and their families.

The clinics were not only designed to help prepare athletes to be successful on the field, but also to teach important aspects of discipline, respect and sacrifice to help youth be the best they can be in sports, in the classroom and at home.

The OMK softball clinic was coordinated through a partnership between Ruthless Sports Training, Joint Base Pearl Harbor-Hickam Youth Sports, Army Child and Youth Support Services and the Army School Liaison Office.



Crystl Bustos, three-time Olympian and gold medalist, gives batting tips to girls at the 2014 Operation: Military Kids clinic.

School-time savings offered

SALLIE CAUTHERS
Defense Commissary Agency

FORT LEE, Va. — As summer fun fades to school bells, commissaries are prime destinations for families who want to save money on nutritious and easy-to-fix breakfast meals, lunches and afternoon snacks.

“Everyone knows eating breakfast in the morning makes you more productive and is healthier,” said Randy Chandler, the Defense Commissary Agency’s director of sales. “Buying your breakfast items like cereal, milk and eggs from the commissary saves you money and helps start your children’s day right.”

Throughout August, DeCA’s industry partners — vendors, suppliers and brokers — are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs.

Commissary patrons are also reminded to continually check the DeCA website for the latest in promotional information.

Seasonal Promotions

Customers are asked to check their local commissary for details on dates and times for these “Back to School” promotions:

•**Shop Your Commissary to Save for Back to School.** Kraft Foods, General Mills, Kid Cuisine, Heinz, Nestle, Quaker Oats, Gatorade, Nesquik, White Castle, Purex, Chapstick, Palermo’s Pizza, Emergen-C, NIVEA and Renuzit will provide shoppers with coupon booklets for family meal favorites and back-to-school necessities. In-store displays will include a coupon dispenser. This event will run through Aug. 20.

•**Box Tops for Education.** General Mills will celebrate the power of “Box Tops for Education” through Aug. 20. Each box top collected is worth 10 cents. Many General Mills items will be carrying two box tops (20 cents) during this worldwide event. Also, high-value coupons and in-store product demonstrations will be available.

•**Fuel for School.** Throughout August, Kellogg’s “Fuel for School” will focus on getting military families ready to go back to school. The promotion will offer high-value and cross-category coupons.

A free milk offer is available for stateside stores only. Other promotions include free Scholastic books and cash prizes when Kellogg’s products are purchased.

Kellogg’s will also donate 5 cents per box for every promotion item that is purchased in August, up to \$50,000, toward the Scholarships for Military Children Program.



•**Kraft’s Back Pack Savings.** Kraft Foods will give winning customers a backpack filled with back-to-school essentials at all participating stateside commissaries. Local Kraft personnel will give away the backpacks in the commissaries through Sept. 10.

Kraft will offer special pricing on the following items: Kraft Mac N Cheese, Grey Poupon Mustard, Ready-To-Serve Bacon, Mio and Crystal Light water enhancers, Velveeta Shells & Cheese/Kraft Deluxe Dinners, A-1 Sauce, Kraft Singles and Oscar Mayer brands.

Customers should check with their local store management to see when the backpacks will be given away.

•**Back to School with OSC.** In August, Overseas Service Corp. proud to feature a worldwide “Coupon Connection” flyer consisting of high-value coupons in the commissary near themed poster displays. A portion from the sales of featured items will be given to the Scholarships for Military Children Program on behalf of OSC and participating manufacturers.

“Your local commissary is offering lots of savings in August. Visit us first before going anywhere else for all your back-to-school needs,” said Chandler. “We strive every day to meet the needs of our shoppers, and we hope that you see this in everything we do in customer service, product specials and in-store sales events!”

(Editor’s note: Cauters is a DeCA marketing and mass communication specialist.)

DeCA Online

Commissary patrons are invited to check the “Sales & Events” tab of the DeCA website at www.commissaries.com/shopping/sales-events.cfm for the latest in promotional information.



Enjoy a good ‘old’ summer vacation – with caution

I don’t “need a vacation from my vacation,” but after two weeks in a beach cottage with my extended family, I could really use microdermabrasion, arthroscopic knee surgery, a colonic and a full course of psychotherapy.

Vacations just aren’t the same when you get older.

When I was a teenager, I came home from my family’s beach vacations with nothing more than a peeling nose and maybe a few deck splinters. But now that I’m in my forties, simple vacation activities like sunbathing, swimming and paddleball leave me in need of urgent medical attention.

My family and I left the safe little confines of our military base housing two weeks ago, and drove the 12-hour trek down the East Coast to the Outer Banks of North Carolina.

Just like every year, our family of five, along with my mother, my brother and his family of five, had packed ourselves like lemmings into our modest 1970s beach cottage.

At the beginning of the vacation, the adults envisioned getting up with the sun every morning to jog along the bike path where other vacation-



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

ers could see how disciplined we are. As planned, I got up early the first morning, and I picked a jogging outfit from the stack of work-out clothes I’d ambitiously packed for the trip.

Of course, I had to have coffee before setting out, but not enough to awaken my digestive tract. Then, I announced loud enough for everyone to hear, “I’m going on a run!” and let the screened door slam behind me to ensure that anyone within earshot would be impressed that I’m one of those people who run at the beach.

Twenty minutes later, I was only about a mile from our cottage, soaked in sweat and frantic that my bladder might give way. Thankfully, a Port-a-potty at a tiny public park saved me the humiliation of ducking into someone’s shrubbery.

I slowly stumbled back through the dunes to our cottage, picking up the pace to a jog only when passing witnesses. I was happy to see four blisters on my feet when I got home, because I knew they would serve as an adequate excuse to not run again during our vacation.

Later that week, while lounging on the beach, the adult women did a sort of re-enactment of the Quint-Hooper-Brody-drunken-scar-comparison scene in “Jaws” when we took turns pointing out our liver spots, barnacles and moles. Despite our rational conclusion that sitting out in the sun would only age our skin faster, we all agreed with the old adage that “tan fat is better than white fat,” so we stayed out late into the afternoon.

Sometime at the end of week one,

I made the mistake of agreeing to play beach volleyball. Soon after taking my position as right side hitter, I was forced to jump four inches off the sand to block a shot. This simple move caused my knee to slightly hyperextend.

For the remainder of the vacation, while engaging in simple activities, such as paddleball and wading in the ocean, I was on alert that my weakened knee might buckle backwards like some kind of old Barbie doll.

The other adults in our family suffered similar old age vacation injuries, while our kids frolicked care-free. By the end of week two, we had collectively accumulated one wobbly knee, five ugly blisters, a swollen wrist, a strained achilles, three bruises of unknown origin and four cases of heartburn. The antiinflammatories and antacids were being dolled out like candy, along with some embarrassing over-the-counter remedies to deal with digestive back up from all the overeating.

Even though we don’t experience vacations the same way we did when we were young, perhaps the benefit of being so weathered, worn and weary after two weeks at the beach is



File photo

Simple vacation lifestyle activities now leave the author and similar forty-somethings grimacing.

that it is actually a relief to get back to life’s daily grind.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)

Performance Triad’s Week 10 offers healthier lifestyle tips

U.S. ARMY GARRISON-HAWAII
Public Affairs

How’s your progress in the 26-week Performance Triad health challenge?

Have your sleep, activity and nutrition habits improved?

Sleep Goal

Get out of bed if you cannot sleep. Only return to bed (and stay in bed)

when you feel sleepy. Do not try to force yourself to fall asleep because the harder you “try” to fall asleep, the less sleep you will obtain.

If you wake up in the middle of the night and cannot return to sleep within 20 minutes, get out of bed and do something relaxing. Do not return to bed until you feel sleepy.

Activity Goal

How are you managing your time? What are your priorities?

Think about what you did yesterday and make a list of tasks or activities that required at least 15 minutes



File photo

Preparing food and freezing ahead of time offers healthy options for eating during the week.

of your time. Rank each task on a scale from 1 to 4 — 1 being most important and 4 being least important.

If you have mostly 1’s and 2’s, then you are most likely devoting your time to what is most important to you. If you have some 3’s and 4’s, think about how you could have borrowed some of that time for physical activity.

Now, think about your schedule for this week. Where can you find time for activity?

Nutrition Goal

A little preparation goes a long way. Plan your meals for the week



The Performance Triad is designed to create a healthier overall lifestyle over a 26-week period.

and shop with a grocery list. Check your fridge and pantry to see what items you have and what you need to buy.

Have some extra time on your hands? Prepare meals in large batches to eat throughout the week or freeze for later.

More Online

Check out these links for more information:

- www.choosemyplate.gov/,
- weight-management-calories/weight-management/better-choices/cook-home.html, and
- www.fruitsandveggiesmorematters.org/healthy-meal-planning-guide.

Immunization Awareness Month kicks off in August

TERRI MOON CRONK
Defense Media Activity

WASHINGTON — August is National Immunization Awareness Month, and while vaccines are important for people of all ages, they’re vital to the Defense Department’s fighting force, the director of the Military Vaccine Agency, Vaccine Healthcare Centers Networks said.

Army Col. (Dr.) Margaret Yacovone emphasized that vaccinations are safe and effective, and without them, debilitating diseases, and even death, can occur.

“(About) 46,000 Americans ... and 1.5 million children die from vaccine-preventable illnesses each year,” she said.

Studies also have found there is no evidence that vaccinating children causes autism, Yacovone pointed out. Failing to inoculate children for childhood diseases also puts other children at risk, Yacovone added.

“Vaccines have had tremendous

success,” Yacovone said.

And while many diseases have been eradicated from the U.S., some, such as measles and pertussis, have reappeared because of complacency and people who choose to not vaccinate, she said, noting that measles still accounts for 169,000 deaths each year, worldwide.

Pertussis (also called “whooping cough”) has also made resurgence for the same reasons. And because of complacency, vaccine manufacturers have added the pertussis vaccine to the inoculations for diphtheria and tetanus, she said.

Yacovone noted that it’s important for pregnant women, health care and day care workers to get the “Tdap” — tetanus, diphtheria and pertussis vaccination.

While infants and children have developing immune systems and need early childhood vaccinations, the older population should consider getting the shingles shot to prevent

or lessen the potential for the painful resurgence of the virus that causes chicken pox, she noted.

In addition, there are immunizations for adolescents, such as the vaccine for meningitis and the human papillomavirus.

Most critical is the need for all age groups to get the annual influenza vaccine, Yacovone said.

“(Everyone) 6 months and older should get the flu vaccine. (Influenza) mutates rapidly and develops new strains,” she explained.

It’s particularly important for pregnant women to get the flu shot to protect themselves and their unborn babies, Yacovone added.

Without being properly up-to-date on vaccinations, countless days are lost from school and work, she added.

And in a global society where traveling from country to country is common, unvaccinated travelers can contract U.S.-eradicated diseases



Ana Allen, Pacific Regional Medical Command Public Affairs

HONOLULU — Spc. Abel Ramirez (right), immunization specialist at Tripler Army Medical Center, administers a vaccine to Staff Sgt. Michael Schlang at the TAMC clinic, here, Aug. 1.

and bring them back home, Yacovone said.

“It’s important for people to con-

sult with their health care providers to determine which immunizations are best for them,” she said.

Back-to-school reminder can mean immunization updates

MONICA BULLOCK
Army News Service

ABERDEEN PROVING GROUNDS, Maryland — Back-to-school events are upon us, and it is a prime time for ensuring that children are up-to-date on all their immunizations.

What is immunization?

According to the U.S. Centers for Disease Control and Prevention, immunization refers to the process by which a person becomes protected against a disease, usually through vaccinations.

A vaccination uses a weakened or partial virus or bacteria to trigger an immune system reaction. The im-



Judy Schmidt, U.S. Centers for Disease Control and Prevention

Immunization is one of the most important things a parent can do to protect their children’s health.

mune system reaction reduces the chances of developing illness if a person is later exposed to the actual

virus or bacteria.

Why is it important to be vaccinated?

“Vaccinations are the most effective protection against disease,” said Lt. Col. Laura Pacha, disease epidemiology program manager at the U.S. Army Public Health Command (USAPHC). “Through vaccinations, naturally occurring smallpox was eliminated around the world.

“Routine childhood vaccinations have meant some diseases, like polio, have been eradicated from the United States. The impact of others has been greatly reduced,” Pacha added. “However, these diseases, in-

cluding polio, still circulate in other parts of the world, so reintroducing them to the U.S. may be only a plane ride away.”

What are the common vaccines recommended for children?

The required vaccinations vary between states and different ages. For more information, contact your health care provider or local health department.

Here is a list of commonly required vaccinations for children:

- MMR (measles, mumps, rubella)
- DTaP or Tdap (diphtheria, tetanus, pertussis)
- Polio
- Varicella (chicken pox)

What are the benefits of getting immunized?

Army public health experts say the advantage of vaccinations is not just protection for the individual who chooses to be immunized.

“When enough people in a community have immunity to a disease, opportunities for an outbreak are reduced because protected individuals interrupt disease spread,” said Pacha.

Additionally, health experts say that when individuals choose not to get immunized, outbreaks of a disease can occur.

“Unfortunately, we see outbreaks of diseases we thought had been controlled,” Pacha said.